



United States
Department
of Agriculture

► FOOD AND PHYSICAL ACTIVITY CHECKLIST



- ☐ Eat foods from each food group each day.
- ☐ Use measuring cups to learn what 1 cup and ½ cup look like.
- ☐ Cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- ☐ Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- ☐ Visit a local farmers market to buy fruits and vegetables in season.
- ☐ Pick low-fat or fat-free milk or yogurt (Recommended for persons over 2 years of age).
- ☐ Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
- ☐ Use the Nutrition Facts label to find healthier foods at the grocery store.
- ☐ Play active games like tag or jump rope with children.
- ☐ Walk with the kids to school each day.
- ☐ Take the stairs, not the elevator.
- ☐ Be physically active for at least 2½ hours per week. Take a walk or jog at lunchtime or in the evening.
- ☐ Help kids be physically active at least 60 minutes every day, or most days. They can walk, dance, bike, play ball—it all counts.

Write other ideas here:
